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What is claimed is:

1 1. A method of providing a breathing gas comprising the 2 steps of:

sensing a carbon-dioxide level associated with a patient breathing interface;

determining if the level of carbon-dioxide is increasing or decreasing;

if the level is decreasing, determining if the level of carbon dioxide has crossed a threshold parameter;

if the carbon-dioxide level has crossed the threshold parameter, increasing the breathing gas pressure provided to the patient breathing interface;

decreasing the breathing gas pressure provided to the patient breathing interface after a predetermined period of time; and

the increasing and decreasing of breathing gas pressure maintaining a positive pressure sufficient to sustain open the airway of a patient wearing the breathing interface.

- 1 2. The method of claim 1 wherein the step of sensing a
- 2 carbon-dioxide level associated with a patient breathing
- 3 interface comprises sensing the carbon-dioxide level using
- 4 infrared light.
- 1 3. The method of claim 1 wherein the step of sensing a
- 2 carbon-dioxide level associated with a patient breathing
- 3 interface comprises emitting infrared light within the
- 4 patient breathing interface.



- The /method of claim 3 wherein the step of sensing a carbon-dioxide level associated with a patient breathing interfa¢e comprises detecting infrared light within the patient breathing interface.
 - The method of claim 3 wherein the step of emitting 1
 - comprising emitting infrared light into a fiber optic cable 2
 - connected to the patient breathing interface. 3
 - The method of claim 4 wherein the step of detecting 6. 1
 - infrared light comprising sensing the infrared light in a
 - fiber optic cable coupled to the patient breathing 3
 - interface.
 - The method of claim 1 wherein the step of sensing a 7. 1
 - carbon-dioxide level associated with a patient breathing
 - interface comprises sensing the carbon-dioxide level vented 3
 - from the patient breathing interface. 4
 - The method of claim 1 further comprising the step of 8.
 - initiating a monostable timer if the carbon-dioxide level
 - 3 has crossed the threshold parameter.
 - The method of claim 8 wherein the step of decreasing 1 9.
 - breathing gas pressure provided to the patient 2
 - breathing \interface after a predetermined period of time 3
 - comprises decreasing the breathing gas pressure upon 4
 - expiration of the monostable timer. 5
 - 10. A method of providing a breathing gas to a patient 1
 - comprising the steps of:

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sensing a carbon-dioxide level associated with a patient breathing interface;

determining if the sensed level of carbon-dioxide is increasing or decreasing;

if the sensed carbon-dioxide level is increasing, 7 determining if the sensed carbon-dioxide level has crossed a first threshold parameter;

if | the sensed carbon-dioxide level has crossed the first threshold parameter, decreasing the breathing gas pressure provided to the patient breathing interface;

if the sensed carbon-dioxide level is decreasing, determining if the sensed carbon-dioxide level has crossed a second threshold parameter;

 ${f i}{f f}$ the sensed carbon-dioxide level has crossed the second threshold parameter, increasing the breathing gas pressure provided to the patient breathing interface; and

increasing and decreasing of breathing gas the pressure maintaining a positive pressure sufficient to sustain open the airway of a patient wearing the breathing interface.

- The method of claim 10 wherein the step of sensing a 1
- carbon-dioxide level associated with a patient breathing 2
- interface comprises sensing the carbon-dioxide level using 3
- infrared light. 4
- The method of claim 10 wherein the step of sensing a 1
- carbon dioxide level associated with a patient breathing 2
- interface comprises emitting infrared light within the 3
- patient breathing interface.



- 1 13. The method of claim 12 wherein the step of sensing a 2 carbon-dioxide level associated with a patient breathing 3 interface comprises detecting infrared light within the 4 patient breathing interface.
- 1 14. The method of claim 12 wherein the step of emitting 2 comprising emitting infrared light into a fiber optic cable
- 3 coupled to the patient breathing interface.
- 1 15. The method of claim 14 wherein the step of detecting
- 2 infrared light comprising sensing the infrared light in a
- 3 fiber optic cable coupled to the patient breathing
- 4 interface.
- 1 16. The method of claim 10 wherein the step of sensing a
- carbon-dioxide level associated with a patient breathing
- 3 interface comprises sensing the carbon-dioxide level vented
- 4 from the patient breathing interface.
- 1 17. A method of providing a breathing gas to a patient 2 comprising the steps of:
- determining if the sensed level of carbon-dioxide is increasing or decreasing;
- 7 if the sensed level of carbon-dioxide is decreasing,
- 8 determining whether the sensed level of carbon-dioxide at
- 9 or below a threshold level;
- 10 if the sensed level of carbon-dioxide is at or below
- 11 the threshold level, increasing the pressure of the
- 12 breathing gas for a fixed period of time;

decreasing the pressure of the breathing gas upon expiration of the fixed period of time;

the increasing and decreasing of the pressure of the breathing gas maintaining a positive pressure sufficient to sustain open the airway of the patient.

- 1 18. The method of claim 17 wherein the step of increasing
- 2 the pressure of the breathing gas for a fixed period of
- 3 time comprises initiating a monostable timer.
- 1 19. The method of/claim 17 wherein the step of sensing a
- 2 carbon-dioxide level associated with a patient breathing
- 3 interface comprises the step of sensing a carbon-dioxide
- 4 level with infrared light.
- 1 20. The method of claim 19 wherein the step of sensing a
- 2 carbon-dioxide/level with infrared light comprises the step
- of sensing a carbon-dioxide level vented from the patient
- 4 breathing interface.
- 1 21. A method of administering a CPAP therapy comprising
- 2 the steps of
- monitoring the level of carbon-dioxide vented from a
- 4 patient breathing interface;
- if the level of carbon-dioxide vented is decreasing,
- 6 determining of the level of carbon-dioxide is at or below a
- 7 threshold \(\psi \) alue;
- 8 if the level of carbon-dioxide vented is at or below
- 9 the threshold value, providing a first positive airway
- 10 pressure to the patient breathing interface for a fixed
- 11 period of time; and

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upon the expiration of the fixed period of time
providing a second positive airway pressure to the patient
breathing interface.

- 1 22. A system for administering a breathing gas to a patient breathing interface comprising:
- 3 (a) a blower for providing positive pressure 4 breathing gas;
- 5 (b) a controller in circuit communication with the 6 blower;
 - (c) an infrared light emitter and detector in circuit communication with the controller for detecting the level of carbon-dioxide associated with the patient breathing interface; and
 - (d) logic for increasing and decreasing the level of the positive pressure breathing gas based on the level of carbon-dioxide detected to maintain open the airway of a patient.
- 1 23. The system of claim 22 wherein the logic for 2 increasing and decreasing the level of the positive 3 pressure breathing gas based on the level of carbon-dioxide 4 associated with the patient breathing interface comprises 5 logic for comparing the level of carbon-dioxide associated 6 with the patient breathing interface to a threshold 7 parameter.
- 1 24. The system of claim 22 further comprising a monostable 2 timer having a variable off time period and predetermined 3 on time period.



- 1 25. The system of claim 22 further comprising a optical
- 2 fibers coupled to the infrared emitter and detector.
- 1 26. The system of claim 22 wherein the infrared emitter
- 2 and detector are located within a housing accommodating the
- 3 controller.
- 1 27. The system of claim 22 wherein the infrared emitter
- 2 and detector are located within the patent breathing
- 3 interface.
- 1 28. The system of claim 22 wherein the infrared emitter
- 2 and detector are located proximate to a vent of the patient
- 3 breathing interface.